

## Hemorrhoid Preparation

### Seven (7) days before your hemorrhoid preparation

**Call the doctor's office if you are taking any of the following blood-thinning medications:**

Apixaban (Eliquis®)	Clopidogrel (Plavix®)
Rivaroxaban (Xarelto®)	Ticagrelor (Brilinta®)
Edoxaban (Lixiana®)	Prasugrel (Effient®)
Dabigatran (Pradaxa®)	Warfarin

- **Stop taking:** iron tablets and vitamins. Continue all other medications unless told otherwise.
- **Stop eating:** nuts and seeds, e.g., flax, sesame and chia seeds, berries and popcorn.

**If you have diabetes:** Contact the physician doing the procedure for direction related to your diet and the medication you take for diabetes.

**Make plans to take time off work:** You should plan to be off work the day of your hemorrhoid procedure preparation. Most people return to work the day after their hemorrhoid procedure.

**Make transportation arrangements:** You will need a trusted person to take you home after the hemorrhoid procedure.

**If you need clarification about your hemorrhoid procedure preparation, please contact the physician doing the procedure for direction.**

If you have an emergency the day of the hemorrhoid procedure, you must call the Endoscopy Unit where your procedure is scheduled:

- QEH Endoscopy Unit Tel: 902-894-0055
- PCH Endoscopy Unit Tel: 902-432-2541

## **The day of your appointment**

- You must give yourself a Fleet Enema one hour before leaving home the day of your appointment.
- You must be fasting (NO FOOD OR LIQUIDS) for 6 hours before the procedure on the day of your appointment.

## **What to expect after you give yourself the fleet emema?**

- A fleet enema works very fast.
- Remain close to a toilet. You will have frequent diarrhea-type bowel movements.
- Cramping can occur and is considered normal.

## **REMINDER:**

- You will need to stay at the hospital for 15 to 30 minutes following the hemorrhoid procedure. You may drive yourself to and from this appointment. If you require sedation, then the next section will apply to you.
  - If you received **sedation medication** for the hemorrhoid procedure, you are considered impaired for up to 24 hours after the test:
    - You should not sign any legal documents.
    - You will not be able to drive yourself home. You will need a trusted person to meet you at the Endoscopy Unit. If you do not have a driver your procedure will be cancelled. A taxi is acceptable only if a trusted individual is accompanying you.
    - You should not drink alcohol or take sleeping pills or anti-anxiety medications.
    - You should not be responsible for another person's care, e.g., a baby, young child, or person in poor health.
- If you take blood-thinning medication, discuss when to restart these medications after your hemorrhoid procedure with the doctor. Resume all other medications as usual unless told otherwise.

## Hospital Appointment and Arrival Information

### Hospital Arrival

You must arrive and register in the Admitting Department **60 to 90 minutes** before your scheduled hemorrhoid procedure. If your appointment is at 8:00 AM, please arrive and register at 7:00 AM.

The hemorrhoid procedure will take 10 to 20 minutes to perform, and you need to stay 30 minutes to 1 hour after it is over. Plan to be at the hospital for 2 to 3 hours from start to finish.

### Hospital Checklist

- Bring a list of current medications
- Bring a translator if you do not understand or speak English
- Bring a support person if you require assistance
- Bring your PEI Health Card or proof of substitute medical insurance plan
- **Do not** wear any jewelry, e.g., rings, watches, earrings, bracelets, or necklaces
- **Do not** bring any valuables

## Hemorrhoid Preparation Instructions

### **Day of your appointment:**

- One hour before leaving home, you must give yourself a Fleet Enema.
- You must be fasting (NO FOOD OR LIQUIDS) for 6 hours before the procedure on the day of your appointment.